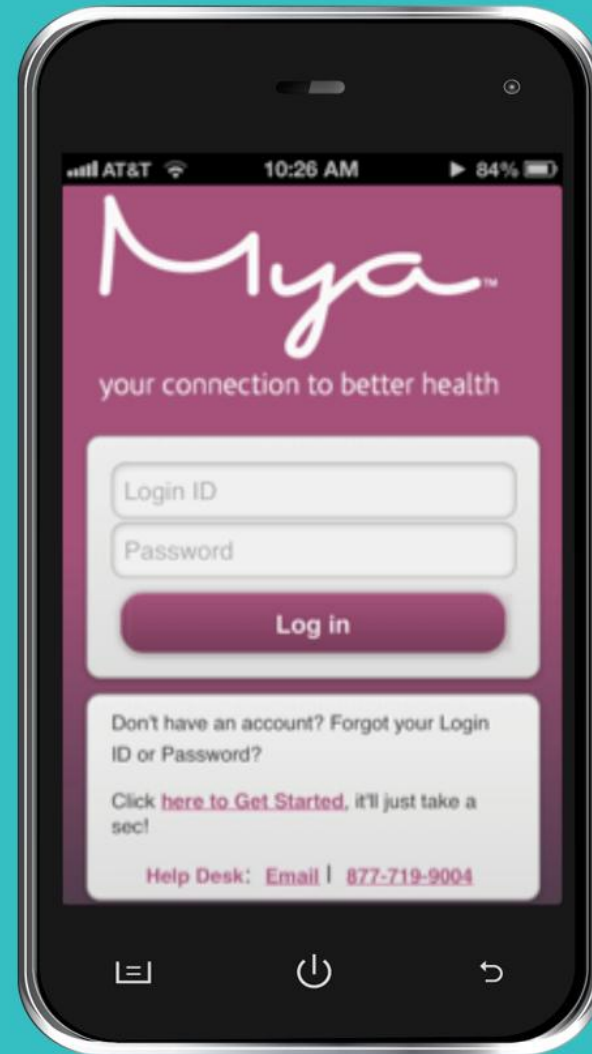




GETTING STARTED GUIDE





INSTALL & ENTRY INTO MYA™



1 Search “MyaHealth” in the App Store or Google Play and Install as instructed.

Participants must have an Apple or Android device to utilize the Mya™ app.

2 Click on the Mya™ app from your mobile device to launch.

The screen above displays for a moment with the Log in screen to follow.

3 Log in Page.

A. Health portal participants:

If you already have a Login ID (email) and Password that you use to enter the HealthQuest wellness portal, then enter them here to access the Mya™ App.

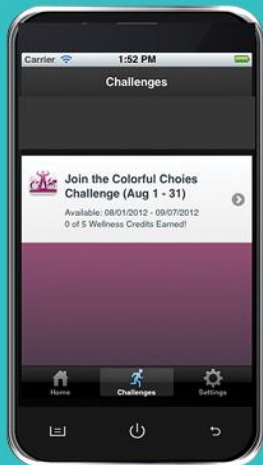
B. Participants who have not yet registered a portal account:

If you do not have a HealthQuest Login ID and Password for the wellness portal yet, then you need to set them up here in order to access the Mya™ app and the wellness portal. See page 3 for registration steps.

4 Homepage.

Once you are logged in using your Login ID and Password, the Mya™ homepage will include a “Challenges” button and bottom navigation “Challenges” tab. Clicking on either of these will take you to the Challenges dashboard which lists all current challenges.

PARTICIPATING IN CHALLENGES



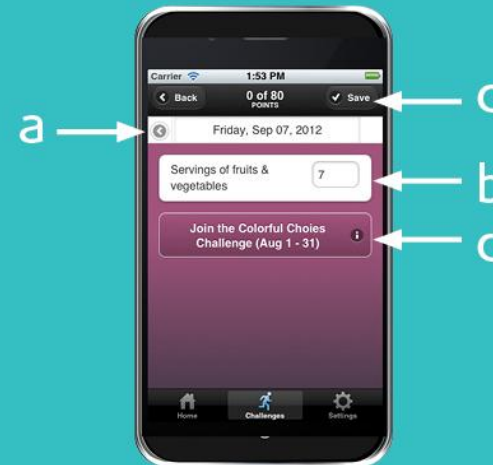
1 Challenges Dashboard.

Here you can view any current HealthQuest challenges and click the challenge for more details. You'll find the same challenge information provided through the HealthQuest wellness portal, but at the convenience of your mobile device! Note that challenges are only visible starting the first day of the challenge through the last day to enter your activity for the challenge.



2 Challenge Details Page.

Get a full description of the challenge including a "learn more" section and option to add the challenge to your personal device's calendar. What a great way to set up a daily reminder to log your progress! Speaking of logging, you'll also find the "enter/save" button in the top navigation to get you started on logging your challenge activity.



3 Daily Entry Pages.

- The app defaults to today's date, but you can use the arrows to scroll the calendar forward/back or click on the date to get a date picker.
- Enter your daily number in the text box. Note that only one entry per day can be made, so total your activity up and enter once.
- Be sure to click "Save" to store your daily entry before leaving the page!
- You can always click the challenge info box to go back to the details page for more information.

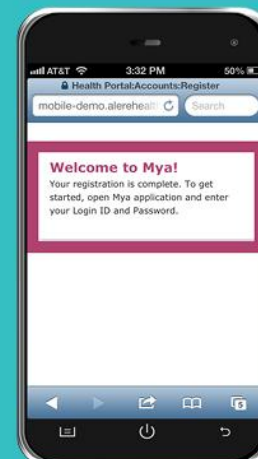
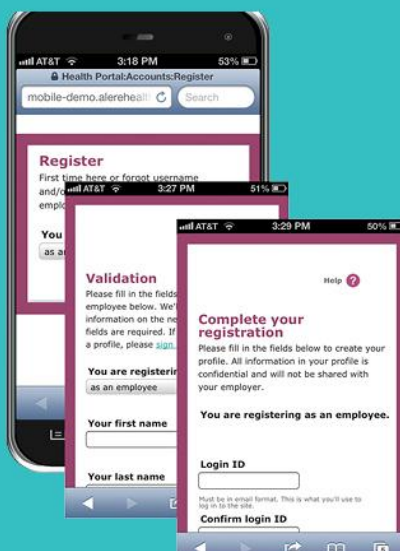
One challenge, two great ways to log your activity!

Mya™ has been set up as an extension of the HealthQuest wellness portal, so any activity you enter here will be visible on the portal and vice versa. Go try it out and find the benefits to tracking challenges at your fingertips!



REGISTRATION OR LOGIN ID/PASSWORD RESET

For those participants wishing to use the *Mya*™ app but don't already have a Login ID/Password or those needing to reset their Login ID/Password because they've forgotten them, please follow these steps.



- 1** After clicking on the “get started” link from the Login page, you will be taken to this screen to enter your **Client Access Code** which is: **kansas**. Upon clicking the “Register” button, you will be taken to the mobile registration pages in a separate browser. Contact the Help Desk at 1-888-275-1205 (option 9) if you need technical assistance while registering.

- 2** Take a few minutes to walk through the registration process by choosing your affiliation, validating your eligibility, establishing a Login ID/Password, and answering security questions.

- 3** Your registration is now complete and you have a Login ID/Password to use when entering into *Mya*™. Note: changing your Login ID/Password here will also change it for the HealthQuest wellness portal login.

- 4** Now you can close out of the registration pages browser and go back to the *Mya*™ app and launch. You will use your Login ID/Password to enter into the *Mya*™ homepage.

FAQs

Alert technical assistance/customer support.

- Toll free line: 1-888-275-1205 (option 9)
- Email to the support desk using the “email” link on the app login or home screen (feedback@myahealth.com)

Where do I download the Mya™ app?

- For Apple devices use the App Store on your device OR for Android devices use Google Play on your device. You must have an active account set up with one of these services in order to install and receive updates for an app.
- You may also use the QR code provided here on this page to download the Mya™ App. QR code readers may be found within your device’s App store.

I searched “Mya™” and can’t find the app?

- Be sure to search keyword “MyaHealth”

What Login ID and Password do I use to enter the Mya™ app?

Participants with a Login ID and Password for the HealthQuest wellness portal will use the same Login ID (email) and Password to enter into the Mya™ app.



When will I be able to see my Challenge on the app?

- The challenge description and tracking tool will show up on the 1st day of the challenge. They will remain visible on the app until the last day to enter your challenge activity, which may be the last day of the challenge or a short grace period following.

Can I log my Challenge activity on the wellness program website if my mobile device is not readily available?

Yes, a participant can always log challenge activity both on the Mya™ app and on the HealthQuest wellness portal.

Will my Challenge activity tracked on the Mya™ app also be visible on my HealthQuest wellness portal page?

- Yes, a participant can view challenge activity both on the Mya™ app and on the HealthQuest wellness portal.

I've forgotten my Login ID or Password and have been locked out of the app, help!

- Page 3 of this guide outlines the steps to reset a Login ID or Password. IMPORTANT: If a participant resets his Login ID or Password using the app, it will also be changed for his HealthQuest wellness portal login.